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CFISD ATHLETICS

Return to School Operational Plan



**CFISD
ATHLETICS**

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SUMMARY

On behalf of the Cypress-Fairbanks ISD athletics department, we are pleased to present this plan for the return of our student-athletes to on-campus activities that coincide with the beginning of the 2020-2021 school year. While there are many challenges associated with the return of our student-athletes to campus, we are excited to have kids back on-campus participating in the activities that they are passionate about. As we have made our plans for their return, the health and safety of our student-athletes and staff has been our number one priority.

The following guidelines were compiled with the assistance of the CFISD administrative team, licensed athletic trainers, our high school campus coordinators, assistant coordinators, coaches and the guidelines of the University Interscholastic League. We will continue to work closely with the UIL, the State of Texas and Harris County health officials to ensure that timely and appropriate information is guiding our plans and responses to the current public health situation.

We will expect our staff and student-athletes to strictly follow all guidelines to ensure their safety and the safety of others and have plans in place to fully educate all before there is any return to campus. The policies and plans are designed to minimize risk for our athletes, staff and others. It is vital to the health and safety of all concerned that we take responsibility for our personal actions and the responsible implementation of our plan. We are all accountable for each other.

KEY PRINCIPLES

- A. **Screening Procedures for Staff and Student-Athletes:** All staff will be screened prior to their arrival on campus per current CFISD expectations. Students are expected to review the screening questions (signs and symptoms and exposure to COVID-19) prior to coming onto the campus and to submit their answers utilizing the screening process distributed by their coaches. They will stay home if they answer 'yes' to any of the screening questions. Students will be pre-screened prior to their return to campus, and will be screened daily at home prior to arriving on campus per CFISD Athletics protocols and procedures. Licensed Athletic Trainers, Head Coaches and MS Coordinators/Head Coaches will be responsible for checking the screening data each day for any concerns and for athlete adherence to expected procedures.
- B. **Mask Wearing/Face Covering Protocols:** It is expected that per Governor Abbott's executive order (GA-29) and best practices for mitigating the spread of COVID-19, that all students and staff wear face coverings that cover the nose and mouth when not actively participating and/or showering. This includes entering and exiting athletic facilities, on the sideline, in the locker room and on the bus. **While riding a bus or any CFISD transportation vehicle, all athletes and coaches, should be wearing a face covering and face shield. Drivers should be wearing a face covering that covers the nose and mouth.**
- C. **Social Distancing:** Every effort will be made to maintain appropriate social distancing between athletes when not actively participating. Coaches will work to keep athletes and staff members 6 feet away from each other as much as possible. We expect all athletes to limit physical contact with each other before, during and after contests. Staff are asked to remain at least 5 yards from students as much as possible during practices and contests.
- D. **Hygiene:** Hand washing and sanitizing will be emphasized and expected before, during, and after activities by staff and students.

- E. **Cleaning and Sanitization:** Routine and enhanced cleaning and sanitization protocols will be implemented to clean equipment and workout facilities to minimize the risk to all concerned. The CFISD operations team will perform rigorous cleaning procedures daily in support of our activities both during and after the completion of activities.
- F. **Supervision-Attention to Detail:** Our staff will be resolute in ensuring that all expectations are met in the execution of our plan. We understand the importance of providing a safe environment for all. Locker rooms, meeting rooms and practice/game areas will be supervised closely to ensure that all expectations are being met.

We are excited about the return of student-athletes to our campus. Please reach out to your campus athletic administrative team or our office if you have any further questions.

OVERALL GUIDELINES AND RESPONSE STRATEGIES

COACHES EDUCATION

- A. All coaches are expected to thoroughly review all CFISD, UIL, and TEA guidelines provided by the CFISD Athletics Department.
- B. The Campus Athletic Coordinator, Assistant Athletic Coordinator and Head Athletic Trainer will conduct virtual or in-person orientation for all staff members on Friday, August 14th or during the week of August 17th to review all guidelines, expectations, UIL rules and campus specific procedures (including screening), duty stations, entry and exiting procedures, etc.
- C. MS male and female coordinators will conduct virtual or in-person orientation for all staff members during the week of August 24th or 31st to review all guidelines, expectations, UIL rules and campus specific procedures (including screening), duty stations, entry and exiting procedures, etc.

PRE-MESSAGING

- A. After MS/HS staff orientation of guidelines, all in-season sports will be required to have pre-season meetings with parents to inform them of COVID related protocols and procedures. Student-athletes will engage in a Return-to-School Zoom meeting with their sport-specific head coaches to discuss what the procedures and expectations will be for our campus athletic programs. At a minimum, this presentation will include the following:
1. Paperwork and Medical requirements (RankOne)
 2. Screening Procedures-“Stay home” if you have any symptoms and communicate to your head coach and athletic trainer.
 3. Mask Wearing/Face Covering/**Face Shield** Protocols
 4. Social Distancing
 5. Hygiene
 6. Cleaning and Sanitization
 7. Attention to Detail
 8. Locker room protocols and procedures
 9. Personal Accountability for actions away from campus in order to promote a healthy environment on campus.
- B. The CFISD Athletic Department will provide guidelines and response strategies regarding the Return to School Plan to the community via the CFISD website.

PREPARING FACILITIES

- A. Sanitizing supplies will be filled and placed in predetermined locations before the first day of school. The Operations staff will regularly refill with CFISD approved alcohol based sanitation products.

- B. Trash cans will be placed strategically for paper towels that will be used to disinfect equipment and high touch surfaces.
- C. COVID-19 Facility Warning Signs and Posters will be printed, laminated, and posted at appropriate locations. The following links will take you to the signs and posters utilized within our facilities:
 - [Occupancy Sign](#)
 - [Prohibited Sign](#)
 - [Stop Sign](#)
 - [Cough Poster](#)
 - [Hands Poster](#)
 - [Spread Poster](#)
- D. Social distancing markings will be installed on each rack and throughout the facility.
- E. Hand sanitizing stations will be set up throughout the facility for use.

ON CAMPUS PRACTICE GUIDELINES

All staff will need to arrive prior to the students' report time each day to ensure that kids socially distance and follow all protocols and procedures. All campus staff will be responsible for executing their campus-based site plan using CFISD/UIIL/TEA guidelines.

- A. Athletes will self-check reviewing all screening questions prior to arriving at school.
- B. Athletes will stay home if they answered "YES" to any screening questions or if they do not feel well and will be responsible for contacting their head coach/athletic trainer (HS) or athletic coordinator (MS).
- C. All students will need to bring their own water, mask/face covering, small towel, appropriate footwear, and hand sanitizer (if possible).
- D. Athletes will follow arrival/entry procedures communicated prior to the first day via various means of communication from MS/HS staff. All locker rooms will have a designated supervised open and close times prior to the beginning and ending of school and all workout activities.

- E. Student athletes will be monitored at all times when in athletic areas to ensure face coverings are being worn and social distancing is being followed.
- F. Entry to all locker rooms will be staggered by assignment; staggered entry & exits to locker rooms will be used to best mitigate unnecessary exposure to student athletes before and after school, before and after the athletic period, before and after practices, & before and after games.
- G. Social Distancing: Maintain 6 feet of distance between each other when not actively exercising. This includes lift groups, run groups, and in other common areas.
- H. Physical Contact: Avoid physical contact with others. Do not shake hands, hug, fist-bump or high five.
- I. Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting every area.
- J. Restrooms: Student-athletes are required to wash hands and/or sanitize hands after exiting; trash cans will be placed near doors to encourage student-athletes to open the door with the paper towel used to dry hands.
- K. Hydration: Student-athletes will be required to bring their own labeled individual water bottles/jugs. They are prohibited from sharing water bottles. Water can be provided for refill of student-athletes' containers with specific protocols being followed by athletic trainers to provide refills in the safest manner possible. Students will utilize their own water containers during practices and contests and trainers will provide single use water cups as needed to facilitate necessary game/contest flow.

SCREENING AND MEDICAL CLEARANCE PROCESSES

- A. All staff will need to complete screening per campus instructions. Staff will stay home if they can answer “YES” to any screening questions or if they do not feel well. Staff will then contact campus administration and athletic training staff if they symptoms related to COVID-19. Staff will use hand sanitizer and wear mask before entering the facility, during workouts, and exiting all areas. Staff will bring their own labeled water bottle. Masks will be worn in all coaches’ offices and meeting areas.

- B. Students will complete screening questions prior to coming on campus. The student will access a link provided through various means by CAC or MS coordinator to answer the screening questions. Students are encouraged to take temperatures prior to arrival at school and report any temperature over 100.3 degrees. Multiple staff members (head coaches & athletic trainers) or MS coordinators will be monitoring the screening information submitted on a Google document prior to athletic periods or workouts. Staff will respond to any “yes” questions by contacting the athletic training staff or by seeking out the student directly. Questions will be visible and posted as well at locker room and athletic area entrances for visual reminders of the process and symptoms. If any issues arise due to a ‘yes’ answer, the student should not arrive on campus for the day, and should contact an athletic trainer/head coach (HS) or middle school athletic coordinator. An athletic trainer will then submit a COVID-19 Investigation Protocol Form to Health Services and our CFISD Athletics Department.

- C. All game day officials, game day workers, **and/or non-CFISD personnel** will complete screening questions prior to entering our athletic facilities, as well as filling out a paper document confirming that they have screened and answered ‘No’ to all screening questions. Officials will use hand sanitizer upon entering our athletic facilities. Officials will wear a face covering/mask that covers the nose and mouth while not actively involved in officiating a game/contest.

STAFFING AND GROUPING

- A. It is expected that group and workout sizes are maintained at manageable sizes in order to ensure that all CFISD, UIL and TEA are being followed by all participants (athletes/coaches).
- B. Every effort will be made to minimize sustained contact between students to avoid 15 minutes of cumulative exposure time within 6 feet in a day between any two students.
- C. For the purposes of contact tracing, coaches will implement assigned seating through the use of seating charts.**

SOCIAL DISTANCING GUIDELINES, WORKOUT AREA CAPACITY AND OFF LIMIT AREAS

- A. At all times, all athletes and staff, that are not actively exercising, are expected to keep a minimum of 6 feet of distance between each other while wearing masks. It is also suggested that staff maintain a distance of 15 feet or five yards from students and other staff. This includes staff with staff, staff with students, and students with students. Social distancing guidelines should be adhered to during all processes, including arrival, screening, departure, post-workout, coaches' offices, etc.
- B. Safety or sport-specific reasons are the only acceptable reasons for getting closer than 6 feet. A face covering or mask that covers the nose and mouth will be a minimum requirement for those not actively exercising/involved in competitive action. All staff will enforce hand sanitizing to mitigate risk of exposure.
- C. Only 50% of official building capacity in indoor athletic workout and competition areas will be utilized.
- D. Weight rooms: Capacity restrictions call for 50 square feet for each person. We will then take the total square footage, divide by 50, and then multiply by .50 to determine capacity.

- E. Gyms: Capacity restrictions call for 15 square feet for each person for typical gym use. We will then take the total square footage, divide by 15, and then multiply by .50 to determine capacity. The 6-10 rule will always be in effect after 50% capacity is enforced.
- F. Multipurpose (Leggo) Gyms: If any weight equipment at all (bars, med balls, etc.) are being used, staff will use 1 student to 50 sq. ft. ratio for determining capacity. If used for calisthenics, agility, etc., staff will use a 1 student to 7 sq. ft. ratio.
- G. Coaching Offices-Coaches will be expected to have 6 ft. of distance between desk/work/meeting/lunch areas. Less than 6 ft. is allowable for cumulative durations of less than 15 minutes if masks are worn.
- H. Meeting Rooms-For all meeting rooms, we will utilize the 50% capacity guideline and require that all participants in the meeting will be spaced 6 ft. from each other with masks being worn.
- I. Indoors or outdoors must maintain UIL/CFISD social distancing guidelines when required.
- J. There will be access to locker rooms; however, staff will assign lockers to enforce social distancing protocols. Campus staff will identify restrooms for use and put up signage indicating which areas are off limits and what are the maximum occupants at any one time. Any student that goes into a restroom will need to have a mask on while utilizing the restroom.

INDOOR REGULATIONS

- Workout groups will not be limited in size, however, groups are expected to adhere to UIL/CFISD social distancing and mask rules. CFISD will expect key principles to be adhered to when planning group activities.
- Weight Room Capacity is 50% of maximum occupancy
 - Formula: Divide sq ft by 50. Multiply that number by .50.
 - Example: $7,200 \text{ sq ft} \div 50 = 144 \times .50 = 72$. 72 total athletes and staff members allowed at one time.

- Competition Gym Capacity is 50% of maximum occupancy
 - Game/Contest: 50% or under capacity of seat count as determined by the athletic department.
 - Gym Use: Total square feet divided by 15.
 - The UIL/CFISD 6-10 rule will always be implemented, and would therefore impact the number allowed.

- Multipurpose Gym Capacity is 50% of maximum occupancy
 - Gym Use: Total square feet divided by 7. Multiply the quotient by 50% or .50.
 - The UIL/CFISD 6-10 rule will always be implemented.

- Game day announcers will read a pre-written CFISD Athletics statement regarding the need for visitors to respect social distancing and face covering guidelines. Game day announcers will also include reminders to parents encouraging them to take their athletes home at the conclusion of the game/contest.

OUTDOOR REGULATIONS

- Workout groups will not be limited in size, however, groups are expected to adhere to UIL/CFISD social distancing and mask rules. CFISD will expect key principles to be adhered to when planning group activities.

- Stadium Capacity is 50% of maximum occupancy
 - Game/Contest: 50% or less of seat count as determined by the athletic department.
 - Occupants include all participants, officials, spectators, workers, and anyone within the confines of the stadium.
 - Varsity District Stadium tickets will be sold using a third party ticketing system to enforce social distancing guidelines.
 - Sub-varsity stadiums (HS/MS) tickets will be sold using 50% or under capacity allotment of tickets to account for required maximum occupancy.

- Sub-varsity stadiums will have game day announcers that will read a pre-written CFISD Athletics statement regarding the need for visitors to respect social distancing and face covering guidelines. Game day announcers will also include reminders to parents encouraging them to take their athletes home at the conclusion of the game/contest.

SANITIZATION, SIGNAGE, AND SUPERVISION

- A. A member of the coaching staff will be designated to supervise any areas student-athletes are occupying at all times (locker rooms, weight rooms, training rooms, and meeting areas). This staff member will be responsible for ensuring that all sanitizing, social distancing, and face covering requirements are being met.

- B. All athletic areas will be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms. The operations' department will be cleaning all locker rooms directly after each athletic period utilizing an EPA approved, hospital grade disinfectant.

- C. All kids and coaches will be educated in sanitizing procedures and requirements through pre-messaging as stated earlier and will regularly be reminded of appropriate sanitation protocols. Coaches will assist the operations' team as needed to assist with the sanitization process.

- D. Hand sanitizing unit stations and equipment sanitization supplies will be spread throughout workout areas. All kids will sanitize hands prior to starting or ending at a station.

- E. There will be signage throughout our facilities echoing all UIL/TEA/CFISD guidelines: No entry, max occupancy, hand washing, social distancing, face coverings, etc.

- F. Laundering of clothes: Athletic clothes and towels can be laundered on site. Staff members handling laundry will be required to wear a mask and gloves. It will be necessary to not overfill a washing machine to allow for maximum cleaning and sanitization.

- G. Weight rooms: Any equipment will be thoroughly disinfected before and after each group use. If a rack group uses a piece of equipment, that equipment must be disinfected before another rack group uses it. All staff and students must also continuously maintain social distancing guidelines. Students will not utilize shared towels and/or issued personal equipment that is used repeatedly to sanitize equipment. Students will utilize single use paper towels. Masks must be worn anytime a student is within 6 feet of another student.
- H. Coaches offices and team meeting areas will be thoroughly cleaned and sanitized per CFISD district standards utilizing alcohol cleaning products (staff/students apply) and EPA approved, hospital grade disinfectant (operations staff members apply).
- I. All locker rooms will be thoroughly cleaned and sanitized per CFISD district standards utilizing alcohol cleaning products (staff/students apply) and EPA approved, hospital grade disinfectant (operations staff members apply).
- J. Training rooms will be thoroughly cleaned and sanitized per CFISD district standards utilizing alcohol cleaning products (staff/students apply) and EPA approved, hospital grade disinfectant (operations staff members apply).
- K. Campus coaches will have rest/water intervals between groups switching sites to allow for coaches working to sanitize frequently touched equipment thoroughly while students are taking a water break, etc.
- L. The operations' team will be performing enhanced, deep cleaning each evening after the conclusion of campus activities of all athletic areas. This will include all locker rooms, training rooms, weight rooms, coaches' offices, etc. This cleaning will include the application of EPA approved, hospital grade disinfectant utilizing misting machines.

ENTRY & EXIT PROCEDURES

- A. All visitors, participants, and staff must enter and exit athletic facilities (wearing face coverings) utilizing the route predetermined, learned during pre-messaging and reinforced through daily practice. All parties will continue to practice social distancing and mask wearing, avoiding any contact.
- B. Students must sanitize their hands and wear masks when they enter and exit an athletic facility.
- C. Parents/guardians will be encouraged to stay in their cars during any on campus drop off and pick-up process.

PRACTICE GUIDELINES (ATHLETIC PERIODS & BEFORE/AFTER SCHOOL)

- A. All practices will be planned and conducted with social distancing, face covering, supervision, sanitization/hydration breaks, and screening protocol in the forefront of all practice plans.
- B. CFISD campus athletic departments will continue to provide at-home athletic period workouts for students that may be virtual learners through the schoology on-line learning platform. However, it is expected that athletes attend all required practices designated for mandatory attendance outside of the school day per their head coach.
- C. Inclement weather plans will be developed that could include the cancellation of that day's activities. A communication system and process will be initiated if a cancellation is necessary.
- D. Players will report to practice understanding the need for social distancing and work to maintain the 6-10 rule as feasible.
- E. All student-athletes not actively involved in practice will wear a face covering at all times. Student-athletes actively involved will have the option of wearing a face covering.

- F. Hydration and sanitizing breaks will be monitored. No water will be shared between student athletes.
 - a. Unless otherwise noted in sport specific considerations (see below), all student athletes will bring their own water bottle/container.
 - b. Single use water cups are also allowed for hydration purposes.
- G. Coaches and athletes must follow all sanitizing and social distancing guidelines during practice.
- H. Transition paths will be clearly marked and monitored, and social distancing will take place as students move from one site to another.
- I. All athletic staff will develop a plan for the “onboarding” of virtual learning student-athletes that are returning to campus each day for practice or strength and conditioning workouts that allow for supervised integration into the learning community.
- J. All equipment will be sanitized post-practice.
- K. All players will not loiter on school grounds or in the locker room post-practice. All areas that typically support athletes waiting to be picked up will be supervised by an athletic staff member to ensure appropriate social distancing and mask compliance.

GAME DAY GUIDELINES

- A. Implement health and safety protocols and procedures for buses - i.e., face coverings **and face shields**, hand sanitizers, sanitizing before and after each trip, and social distancing of student-athletes and staff. Travel no more than 2 student-athletes per seat and preferably allow for one per seat with student seated near window and away from aisle. Buses should be thoroughly cleaned after each bus trip, focusing on high-touch surfaces such as bus seats, steering wheels, knobs, and door handles. During cleaning, open windows to allow for additional ventilation and air flow.
- B. Distribute and implement CFISD protocols and procedures, in conjunction with UIL guidelines, for game day health screening of all spectators, excluding prior screened participants, coaches, etc.

- C. Develop plan to allow for “onboarding” of virtual students returning to campus for game participation.
- D. All student athletes will bring their own water bottle/container.
- E. If game day meals are provided, they will be of the box lunch variety.
- F. Designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- G. Plan for a “Holding Area” for teams waiting to compete, **while adhering to face covering and social distancing protocols.**
- H. Implement ticket selling procedures to comply with capacity requirements and that limit personal interaction between spectators and staff.
- I. All coaches, athletes, and gameday workers not actively participating, must wear a face covering, with a possible exception for game announcers.
- J. Assign all team and players assigned areas of field/court to allow for social distancing before, throughout, and after the contest.
- K. Plan to sanitize locker rooms between teams’ use during halftime.
- L. An outdoor relocation plan for bad weather conditions must be in place prior to the contest and discussed with your opponent. This plan must allow for appropriate social distancing of all involved.
- M. Implement pre-game and post-game entry/exit plans for all participants and spectators.
- N. Implement social distancing guidelines for all spectators. (Follow all mandates)
- O. Implement cleaning and sanitization protocols and procedures for press box, concession stands, and any locations used for contests.

- P. Game day concession stands will follow UIL Risk Mitigation guidelines including the removal of flatware, condiments, etc. from counters. These will be available only upon request, and in single use, individually wrapped items.
- Q. Any volunteers working concession stands must successfully complete screening protocols prior to arrival on campus in order to work in a concession stand.
- R. Food service counters and areas will be regularly cleaned and disinfected. All areas will be cleaned and disinfected after each patron departs.
- S. Concession stand workers will follow proper food-handling protocols, while wearing PPE.
- T. Concession stand workers will follow Governor Abbott's Executive Order GA-29 regarding the wearing of face coverings.
- U. Teams will not shake hands after games. Other rituals or practices can be utilized provided that they allow for social distancing. These procedures and practices must be discussed with your opponent prior to the contest.
- V. Post-game interviews should be conducted while wearing face coverings and maintaining at least six feet of distance between the interviewer and individual being interviewed.

COVID-19 RESPONSE GUIDELINES: STUDENTS OR STAFF CONFIRMED OR SUSPECTED WITH COVID-19

- A. Any individuals—including teachers, staff, students, or other campus visitors—who themselves either: (a) are **test**-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:

1. In the case of an individual who was diagnosed with COVID-19 (with symptoms), the individual can return to school (symptom-based) when all three of the following criteria are met:
 - a. at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - b. the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - c. at least ten days have passed since symptoms first appeared.

2. In the case of an individual who was diagnosed with COVID-19 (without symptoms), the individual can return to school when 10 days have passed since the **positive laboratory** test date (assuming no symptoms have developed). The individual can return to school (test-based) with at least 2 negative COVID-19 tests greater than 24 hours apart.

3. For asymptomatic positive COVID-19 cases, the infectious period lasts from 48 hours before the date the test was conducted until 10 days following the positive test (NOT THE DAY RESULTS WERE RECEIVED).

4. In the case of an individual who has COVID-19 symptoms but no confirmed COVID-19 test, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above. The individual can return earlier when symptoms have improved, they are fever-free for 24 hours, AND **they must obtain a physician's note clearing the individual for return based on an alternative diagnosis though for health privacy reasons the note does not need to indicate what the alternate diagnosis is, OR obtain an acute infection test (at a physician's office, approved testing location, or other site) that comes back negative for COVID-19.**

5. In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 (with symptoms) must receive clearance from a physician (MD/DO) prior to returning to participation in UIL activities.

B. Individuals—including students, teachers, staff, or other campus visitors—**with known close contact to a person who has tested positive for COVID-19 or experiences any of the symptoms of COVID-19 may not return to school until the end of the 14-day self-quarantine period from the last date of exposure.**

- An individual may return, if 14 days have passed AND has remained symptom-free for the entirety of the 14 days.
- If the exposed person shares a household with the infected person and is unable to isolate themselves, they must quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

C. “Close contact” refers to an individual being in “close contact” with another individual who is **test**-confirmed to have COVID-19. Close contact is determined by an appropriate public health agency. For clarity, close contact is defined as:

1. being directly exposed to infectious secretions (e.g., being coughed on); or
 2. being within 6 feet for a **largely uninterrupted or sustained extended contact period, throughout the course of a day, of approximately 15 minutes;** however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.
- Either (1.) or (2.) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are **test**-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirmed lab test.

D. Required Actions if individuals with **test**-confirmed cases have been in a school or in an area where UIL activities are being conducted.

1. If an individual who has been in areas where UIL activities have been conducted is **test**-confirmed to have COVID-19, the school must notify its local health department, in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the Americans with Disabilities Act (ADA) and Family Educational Rights and Privacy Act (FERPA).
2. Schools must close off areas that are heavily used by the individual with the **test**-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.
3. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a **test**-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is **test**-confirmed to have COVID-19 participated in a contest against other school(s), the school must notify other school(s) and sports/contest officials involved in the contest.
4. Upon receipt of information that any teacher, staff member, student, or visitor at a school is test-confirmed to have COVID-19, the school must submit a report to the Texas Department of State Health Services via an online form. The report must be submitted each Monday for the prior seven days (Monday-Sunday).
5. In addition to the processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL activities.

PARENT/GUARDIAN COMMUNICATION PLAN

- A. Athletic webpage and social media content will be available to all parents/guardians outlining the return to campus plan and safety measures.
- B. Coaches will educate the athletes via Zoom meetings and the SportsYou app and in person instruction and orientation. Communication plans will be developed by each campus to keep all parents informed of campus procedures, timelines and expectations.
- C. Campus specific Google Earth Maps that clearly label drop off and pick up points, screening locations and staging areas will be reviewed with students and shared with parents.

PREPARING STAFF & ATHLETES

- A. The CFISD Athletics administration staff will meet with Campus Athletic Coordinators, Assistant Athletic Coordinators, LAT's, as well as Middle School Coordinators to review new procedures and protocols.
- B. Student-athletes will be required to participate in a Zoom meeting with their coach prior to their return to school to be informed of the athletic department 'Return to School' requirements and procedures.
- C. During this orientation, student-athletes will review a screening questionnaire and expectations with a football staff member.
- D. All student-athletes will learn how to save the screening questionnaire to their phone for easy access.
- E. All parents/guardians and student-athletes will learn pre and post practice drop off/pick up for practices and game days.
- F. All student-athletes will experience the social distancing expectations and process for the locker room, weight room, training room, practices, and game days before the first day of school

G. All student-athletes will review hand-sanitizing protocols and expectations, as well as, equipment sanitizing procedures for the locker room, weight room, training room, practices, and game days before the first day of school

SPORT-SPECIFIC CONSIDERATIONS

FOOTBALL

Mask Wearing/Face Covering Protocols

- Athletic Period/Practice: Students will wear face covering that completely covers nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
- Games: Teams, participants, officials, student groups, spectators, audiences, fans, media, staff, contractors, & volunteers are required to wear face coverings as described in Executive Order GA-29.
 - In Game: Players should be allowed to wear face coverings during competition if they choose to do so as long as they don't compromise the safety of any and all participants.
 - On Sideline: Face Coverings will be in up position fully covering nose and mouth by all athletes, sideline personnel, and coaches.
 - Press box: Face coverings will be worn by all coaches at all times.
- Weekends: All coaches and players will follow all **Mask Wearing/Face Covering Protocols** while at school on weekends.

Social Distancing

- Athletic Period/Practices/Game:
 - Locker room: Due to high participation of sport, lockers will be staggered when assigned and also staggered entry & exits will be used to best mitigate unnecessary exposure to student athletes before and after school, before and after the athletic period, before and after practices, before and after games. Time in the locker room will be limited, emphasizing getting in and out.
 - Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
 - Player equipment should be spaced accordingly to prevent close contact.
 - No touch rule – players should refrain from high fives and other non-sport related physical contact with teammates, opposing players, coaches, officials, and fans.
 - Try and limit the number of non-essential personnel who are on the field level throughout practices and contests.
 - For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
 - Coin toss will take place in the center of the field with designated individuals maintaining social distancing of 6 feet. No handshakes prior to and following the coin toss.
 - On Sideline: Player box will expand from the 10 to the 10 yard line. Social distancing will be enforced by staged positions of all players during: pre-game, in game, on sidelines, and on bench in game.
 - Only team members/athletic staff can be in the team box.
 - For the extended team box, a back limit of 6' from the limit line should be added.
 - Enforcement of the extended team box is the responsibility of each team's game management.

- The “ball boys” should maintain social distancing of 6 feet at all times during the contest.
 - Timeouts:
 - Coaches will meet players at the bottom of numbers on the field, players will social distance during timeouts.
 - Players will sanitize hands during timeouts.
 - Locker Room: Teams will consider space needed to social distance pre-game, during halftime, and post game.
 - Halftime: Teams will stagger and coordinate their exit to the locker room and entry back to field.
 - Pressbox: Maximum capacities will be followed and social distancing will be applied to all working in the press box.
 - End game sportsmanship: Both teams will move to the numbers socially distancing and raise their helmets as an acknowledgement of sportsmanship towards each other. Exits of the field will be staggered and coordinated to the locker room and bus.
- Weekends: Coaches and players will follow the same social distancing guidelines that applied during normal school week when on campus during the weekend.

Cleaning and Sanitization

- Equipment: All footballs will be grouped by team level: freshmen, junior varsity, & varsity. They will be sanitized at the end of each practice or game.
- Locker rooms:
 - Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas.
 - Players should not share any equipment with others. Players should only use equipment that was assigned to them.
- Games:
 - Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
 - Game Day Preparation: Balls will be cleaned and sanitized between quarters. Game balls will be grouped in two bags. 1st/3rd quarter balls will be stored in one bag, and 2nd/4th quarter balls will be stored in another bag.
 - The “ball boys” should sanitize hands often during the contest.
 - The officials will have limited contact with the ball. The players of the offensive team will handle the ball and take it with them to the huddle. The umpire will place a bean bag at the spot where the ball will be snapped.
 - Sideline time outs: Campus athletic training staff will provide water in disposable cups to athletes or will sanitize water bottles between each use. Athletes are not allowed to handle water bottles on their own.

SPORT-SPECIFIC CONSIDERATIONS

VOLLEYBALL

Mask Wearing/Face Covering Protocols

- Athletic Period/Practices/Games: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
- Matches: Teams, participants, officials, student groups, spectators, audiences, fans, media, staff, contractors, & volunteers are required to wear face coverings as described in Executive Order GA-29.
 - In Game: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
 - On Sideline: Face coverings must be worn by all team personnel (coaches, managers, players not in the match) while on the bench or not actively participating.
 - Locker Room: Staff and student-athletes must wear face coverings while inside locker rooms, meeting rooms, training rooms, and other areas where student-athletes may congregate other than shower facilities.
- Weekends: All coaches and players will follow all Mask Wearing/Face Covering Protocols while at school on weekends

Social Distancing

- Athletic Period/Practice:
 - Maintain social distancing of 6 feet at all times while on the sidelines and on the court when possible.
 - Consider marking volleyballs for groups to limit exposure
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Matches: In support of the guidance to opening up junior high school athletics the NFHS volleyball rules committee created considerations for state associations to consider whether any possible rules could be altered for the 2020 volleyball season. The following outline the considerations the UIL volleyball will make for this next season only:
 - Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)
 - Suspend the protocol of teams switching benches between sets. Prior to warm-ups, the home team will select a bench (1-6-1) to be at the entire match, for all matches played on a given night.
 - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
 - Limit bench personnel to observe social distancing of 3 to 6 feet.
 - Pre-match Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)

- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
 - Limit the attendees to the head coach and one captain from each team and the R1 and R2.
 - Hold the conference at center court with the head coach, one captain and a referee on each side of the net
- Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]
 - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - Suspend the protocol of teams switching benches before a deciding set.
- Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)
 - Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- Pre-match Ceremony
 - Both teams (starting players and/or entire team) will line up on their respective end lines
 - The R1 will whistle and motion for teams to advance to the attack line.
 - The R1 will whistle to release the players to line up in their starting positions
 - Consideration should be given to 6 minutes for warm up (each team can do whatever they need to prepare during those 6 min. No digging or passing on the opponent's side of court in order to prevent cross contamination. No shared serving time.
- During match
 - No touch rule – players should refrain from forms of celebration that encourage close contact (high fives, huddles, body slaps, etc...) with teammates, opposing players, coaches, officials, and fans.
- Post-match Ceremony
 - The R1 will display the end of set signal (signal 21)
 - Using both open hands with arms extended, the R2 will point toward the attack lines.
 - The teams will line up on their respective attack lines facing their opponents
- On Sideline:
 - Considerations for officials: Down Ref possibly use hand whistles; should consider wearing a face covering

Cleaning and Sanitization

- Athletic Period
 - Considerations should be given to sanitize equipment, i.e., standards, boxes, net, & particularly volleyballs, between drills, group work, and after the period.
- Practice
 - Considerations should be given to sanitize equipment, i.e., standards, boxes, net, & particularly volleyballs, between drills, group work, and after the period.

- Matches
 - Game Day Preparation:
 - Sanitize equipment(balls, chairs, flags) between matches.
 - One ball cart per team.
 - Sanitize game ball in between sets
 - Sideline:
 - Athletes will have assigned seats.
 - Athletes may need to stand in order to adhere to social distancing guidelines.

SPORT-SPECIFIC CONSIDERATIONS

CROSS COUNTRY

Mask Wearing/Face Covering Protocols

- Athletic Period/Practice/Meets: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. Students are **not** required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
- Practice
 - During Run: Students are **not** required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
 - Pre-Run/Post-Run: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising.
 - Locker Room: Staff and student-athletes must wear face coverings while inside locker rooms, meeting rooms, training rooms, and other areas where student-athletes may congregate other than shower facilities.
- Meets
 - During Run: Students are **not** required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
 - Pre-Run/Post-Run: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. If not wearing a face covering due to recovery post-race, athletes are expected to be more than 10 feet away from each other.
- Teams, participants, officials, student groups, spectators, fans, media, staff, volunteers and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted are required to wear face coverings as described in Executive Order GA-29.

Social Distancing

- Athletic Period: Maintain social distancing of 6 feet at all times.
- Practice
 - During Run: It will be difficult to monitor, but encourage your athletes not to run in groups and maintain adequate spacing as they run. Practice protocols should be put in place to facilitate some form of social distancing.
 - Pre-Run/Post-Run: Maintain social distancing of 6 feet at all times.
 - Locker Room: Maintain social distancing of 6 feet at all times. Due to the size and layout of dressing rooms, as well as, sharing the facilities with other sports. It is recommended that you work with the other athletic programs to utilize the entire dressing room area. Supervision and sanitization is required.
- Meets
 - During Run: It will be difficult to monitor, but encourage your athletes not to run in groups and maintain adequate spacing as they run.
 - Pre-Run/Post-Run: Team camps must follow the social distancing protocols. Coaches must supervise athletes in order to maintain social distancing of 6 feet at all times.

- Recommend by the UIL that the starting line must have a designated school box that is a minimum of 6ft wide and 18ft deep for all members of the team. There must be a minimum of 6ft between all adjoining school boxes. If individuals are entered in the race, there must be a box that is a minimum of 2ft wide and 18ft deep for each individual or team of individuals if fewer than 5 entries from a school. {For example, a race with 8 teams (12 runners per team) and an additional 14 individual runners will need a starting line that is at least 280ft wide. A race with just 8 teams of 12 runners will only need a starting line that is at least 96ft wide.}
- Recommend by the UIL that there are designated camp locations for all teams that are a minimum of **25 feet apart** from other team camps. If hosts allow, buses can be used as a camp location for teams if desired.

Cleaning and Sanitization

- Athletic Period: Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas.
- Practice: All athletic areas should be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- Locker Rooms: Hand sanitizing unit stations will be spread throughout Locker Room areas. All kids will sanitize hands prior to entering and leaving the locker room..
- Meets
 - Meet Preparation: All buses must be sanitized before athletes loading , as well as, when exiting the bus.

SPORT-SPECIFIC CONSIDERATIONS

TEAM TENNIS

Mask Wearing/Face Covering Protocols

- Athletic Period/Practice/Match: (SAME AS GENERAL PLAN AT ALL TIMES)

Social Distancing

- Athletic Period/Practice/Matches:
 - Use every second court where practical.
 - Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
 - Coaches need to designate areas for opposing team entry/exit and seating for spectators.
 - When playing doubles, coordinate with your partner to maintain physical distancing.
 - Maintain social distancing when changing ends of the court
 - Remain apart from other players when taking a break.

Cleaning and Sanitization

- Athletic Period/Practice/Matches:
 - Players should sanitize hands and wipe down your equipment, including racquets and water bottles. Players should use their own hand sanitizer immediately before and after each play session.
 - Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
 - Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
 - Leave the court as soon as reasonably possible after practice and matches.
 - Wash your hands thoroughly or use a hand sanitizer during breaks and after coming off the court.
 - All score tenders will be taken off the courts to prevent touching.
 - If playing doubles do not contact teammates: no hand shakes, high fives ect...
 - No extra-curricular or social activity should take place. No congregation after playing.
 - After the match do not shake hands, move to baseline and acknowledge your opponent by “clapping on racquet.”
 - All players should leave the facility immediately after play.
 - Equipment:
 - Use new balls and a new grip, if possible.
 - Replace all balls if someone suspected to have COVID-19 comes in contact with them.
 - Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a very regular basis is highly encouraged.
 - Avoid touching court gates, fences, benches, etc., if you can.
 - If a ball from another court comes to you, send it back with a kick or with your racquet. Avoid using your hands to pick up the balls.
 - Do not share any equipment; racquets, towels, drinks, hats, ect..

- Use Four Balls or Six Balls:
 - Open two cans of tennis balls that do not share the same number on the ball.
 - Take one set of numbered balls and have your playing partner take a set of balls from the other can. • Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

SPORT-SPECIFIC CONSIDERATIONS

SWIM/DIVE

Mask Wearing/Face Covering Protocols

- Athletic Period/Practices/Meets: Athletes will wear a face covering that covers the nose and mouth when not actively exercising. Coaches will always wear a face covering; while coaching, in office with other coaches, etc.
- Meets: Teams, participants, officials, student groups, spectators, media, staff, contractors and volunteers are always required to wear face coverings as described in Executive Order GA-29, while on CFISD property.
 - Athletes will wear a face covering that covers the nose and mouth, when not actively swimming or diving, this includes but is not limited to the following: Behind blocks, in bleachers, arriving at the facility, in locker rooms, etc.

Social Distancing

- When entering the facility, everyone is to use hand sanitizer located at the entrance on walls by locker rooms.
- All athletes/coaches will maintain social distancing of 6 feet always while on deck, in bleachers or in locker rooms.
- Lockers can be used as needed but all suits, towels, clothes are to be taken home daily. Coaches are to assign lockers as needed, staggered when assigned.
- First Period/Morning Athletes
 - Arrive with suit on, ready to practice. These athletes will not be permitted inside locker rooms upon arrival.
 - Sit on bleachers, 6 feet apart with bags/equipment awaiting coach instruction. Bags/equipment are to be left in bleachers **or against the wall** during practices.
 - Locker Rooms may be used during practice as a restroom, one athlete at a time. **Athletes must wear their face masks when using the restroom.**
 - No more than four (4) athletes are to utilize the locker rooms/showers at the conclusion of practice. Create groups of four (4), stagger their dismissal in 15-minute increments (ex. Group A leaves at 7:00 am, Group B @ 7:15 am, etc. then rotate each group time on the following day). Athletes should remain in the same group throughout the year.
 - Athletes must bring their own cleansing products for shower use (shampoo, conditioner, body wash, etc.); sharing of these items will not be allowed. After showering, those items must be stored in a locker or taken home each day.
- Seventh Period/Afternoon Athletes
 - When arriving to practice, sit on bleachers, 6 feet apart with bags/equipment awaiting coach instruction.
 - Coaches will stagger locker room use to allow athletes to change into suits in 15-minute increments, allowing no more than four (4) athletes in locker rooms. Create groups as above, keeping athletes in the same group throughout the year.
 - Bags/Equipment/Clothes are not to be left in locker rooms. When an athlete has changed into their suit, they are to exit the locker room with all their items, place them in the stands **or against the wall** and await coach instruction.
 - Locker Rooms may be used during practice as a restroom, one athlete at a time.

- Upon the conclusion of practice, athletes are to exit the facility with their belongings. Locker Rooms will be closed at this time. Athletes should change/shower at home.
- After locker room use, athletes should follow disinfecting guidelines set by the coach.
- All athletes are to bring their own water bottle/container to practice. No sharing of water will be allowed.

Swim/Dive Meet Protocols

- Face Coverings are always to be worn while not in the water, this includes but is not limited to riding the bus, in the bleachers, behind the blocks, going to the restroom, etc.
- Transportation – **While riding a bus or any CFISD transportation vehicle, all athletes and coaches, should be wearing a face covering and face shield. Drivers should be wearing a face covering that covers the nose and mouth. Prior to entry of district vehicle athletes are to use hand sanitizer.** No more than two athletes per seat, preferably, allow for one per seat. Windows are to be down, weather permitting, for the duration of the trip to allow for increased ventilation flow. It is the responsibility of each coach to thoroughly clean the bus after each trip, focusing on high-touch surfaces (seats, steering wheels, knobs, and door handles).
- Athletes are to get on the bus dressed in their team suit. Locker Rooms will be closed for any use, except for using the restroom. Showers will be closed/changing areas will be closed.
- Meet Warm-Up
 - Four (4) swimmers in a lane during warm-ups.
 - For Dual/Tri-Meets warm-ups will be extended in order to provide adequate space for each team.
- **Water fountains will be for filling water bottles only at all facilities.** Athletes are to bring their own water bottle/container; sharing water is not permitted at any time. **Teams are permitted to distribute individual unopened water bottles at swim meets.**
- CFISD Natatorium Specific Procedures
 - Dual/Tri-Meets: Individual entries will be limited to 4 swimmers/divers per school, except for the 50 FR, 100 FR and 100 BK.... those three events will be limited to 6 swimmers from each school. Relays will be limited to 3/school for Dual Meets and 2/school for Tri-Meets
 - If not swimming, athletes are to sit in assigned bleachers with equipment, maintaining 6-feet of distance.
 - Schools are to bring **an assigned number** of athletes that are not competing in the meet, for timing purposes. These athletes are to wear a mask for the duration of the meet, they will be responsible for timing only.
 - There are to be no more than two (2) athletes behind each block waiting for their race. While they are behind the blocks, they are to wear mask/face coverings while keeping a minimum of 6-feet of distance from one another.
 - Spectators are always to wear face coverings while in the Natatorium. They are to use hand sanitizer upon entry. While sitting in the stands, they are to maintain 6-feet of separation while following appropriate social-distancing guidelines.
- If CFISD schools are planning to host a swim meet at any other location, outside of the Natatorium, then the Head Coach is to communicate with their trainer (if it's at their home pool) or the facility's trainer to develop specific guidelines for hosting a meet.

- Concessions/Food – If you order food for your athletes, it must be individual boxed meals. Concession stands can be open but are only permitted to sell individually wrapped items, such as candy, chips, and drinks (no nachos, popcorn, hotdogs, etc.). Concession stand workers will need to have face covering and be gloved properly.
- At the conclusion of the meet, the below must be followed:
 - No showering/changing at the end of the meet. Locker Rooms will be closed at this time.
 - Athletes/Coaches are to clean up their area and exit the building (either on the bus or with a parent) immediately. There is to be no congregation of athletes or parents inside the building or in the parking lots.

Cleaning and Sanitization

- Practices
 - Each facility will have four (4) bottles of liquid sanitizer. One in each locker room and two on deck. Additionally, coaches will have a 2.5-gallon pump sprayer with disinfectant that will be used at the conclusion of each practice.
 - Hand sanitizing stations will be set up in each facility for use when entering or exiting the facility.
 - Facility equipment will be sprayed after each use. Kickboards, pull-buoys, etc. will not be shared amongst athletes. At the conclusion of practice coaches/athletes will be responsible for spraying all equipment with liquid sanitizer.
 - After restroom or shower use, athletes are to use the spray bottle of liquid sanitizer to disinfect any area that they touched or used.
 - At the conclusion of practice, coaches are to use the pump sprayer to sanitize the locker rooms and pool deck. Additionally, operations staff members will apply EPA registered, hospital grade disinfectant at the end of each day to locker rooms and pool deck.
 - If using dry-land mats, athletes are to stay in the same spot and not move around. Mats should be disinfected after each use by athletes or coaches.
- Swim/Dive Meets
 - Coaches are to bring a minimum of two (2) bottles of liquid sanitizer with them to each meet. This is to be used on the bus when athletes exit, on bleachers at the conclusion of the meet, and any other area that is a contact point.

Miscellaneous Procedures

- Goggles are not be shared at any time, during practice or at meets. Athletes are to provide their own goggles and not allow any other athletes to use. If an athlete doesn't have a pair of goggles, then the coach will provide a pair if they have extras. If provided a pair, they are to keep those goggles and not return.
- Bathing suits are not to be shared at any time. If an athlete doesn't have proper attire to practice, then they are to sit out of practice for the day.
- Chamois (Divers Only) are allowed but should not be shared or thrown on the pool deck. They should be taken home after practice each day to wash thoroughly before next use.

- Diving Boards may be used but participants will need to be placed in groups of no more than 5. They are to remain with this group throughout the year. Prior to groups rotating to a board, that board must be properly disinfected.
 - While Divers are awaiting their turn on the board, they are to wear a mask and maintain 6-feet of distance between each other.
- On deck showers will be closed and are not to be used at any time.

SPORT-SPECIFIC CONSIDERATIONS

ATHLETIC TRAINING ROOMS

Mask Wearing/Face Covering Protocols

- Staff and students will wear a facial covering device that covers the nose and mouth completely, the entire time that they are in the training room. The exception to this would be for staff that have a single office when working alone in that office space.
- Student athletic trainers will also be required to wear eye protection at all times along with their facial covering.

Social Distancing and Room Capacities

- Every attempt will be made to provide 6 feet of distance between treatment tables and treatment areas.
- Training staff will work in conjunction with campus administration and athletic administrative staff to locate secondary areas for treatment and taping that allow for maximal social distancing between all concerned.
- Training room capacities will be defined per the CFISD guidelines and room capacities will be clearly marked at the entrance of any training room entrances.

Treatment Times/Protocols

- Each athletic training staff will set-up a system that allows athletes to make appointments for morning and afterschool treatment and rehab to avoid overcrowding and to promote social distancing. Priority will be given to in-season sports and students that are postoperative.
- All training tables and treatment equipment will be cleaned and sanitized after each use.
- When not in use, Athletic Training Room doors should remain locked at all times to prevent unapproved access to the facility.
- Disposable gloves should be used. Change gloves if they become torn or heavily contaminated.
- Remove and discard PPE and perform hand hygiene before moving to a new patient. Used PPE should be discarded in accordance with routine procedures.
- Athletes should sanitize hands before and after treatment and immediately leave the ATR once treatment is complete.
- Athletic trainers must sanitize their hands as well as the table, tools, and equipment with an acceptable disinfectant before and after treatment.

SPORT-SPECIFIC CONSIDERATIONS

BASKETBALL

Mask Wearing/Face Covering Protocols

- Athletic Period/Practices/Games: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising but will be encouraged to do so if it's possible.
- Games: Teams, participants, officials, student groups, spectators, audiences, fans, media, staff, contractors, & volunteers are required to wear face coverings as described in Executive Order GA-29.
 - In Game: Students will wear a face covering that completely covers the nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
 - On Sideline: Face coverings must be worn by all team personnel (coaches, managers, players not in the game) while on the bench or not actively participating.
 - Locker Room: Staff and student-athletes must wear face coverings while inside locker rooms, meeting rooms, training rooms, and other areas where student-athletes may congregate other than shower facilities.
- Weekends: All coaches and players will follow all Mask Wearing/Face Covering Protocols while at school on weekends

Social Distancing

- Athletic Period/Practice:
 - Maintain social distancing of 6 feet at all times while on the sidelines and on the court when possible.
 - Consider marking basketballs for groups to limit exposure
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Games: In support of the Guidance for Opening Up High School Athletics and Activities, the *NFHS Basketball Rules Committee offers guidance on how state associations can consider modifications to the NFHS Basketball Rules Book. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

○ *Pregame Protocol (2019-2020 NFHS Officials Manual, page 16, 1.8; NFHS Basketball Rule Book – 3-4-5)*

- Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend handshakes prior to and following the Pregame Conference.

o *Team Benches (1-13-1)*

- **Social distancing should be practiced when possible. Below are some suggestions.**
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- Personnel not in the game should adhere to any required local/state face covering requirements.

o *Officials Table (2-1-3)*

- The host should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Table personnel should adhere to any required local/state face covering requirements.

o *Pre and Post Game Ceremony*

- Suspend the pregame introduction handshakes.
- Suspend post game protocol of shaking hands.

Basketball Rules Interpretations

o *Rule 4-1 EQUIPMENT AND ACCESSORIES*

- Basketball
 - Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
 - The host school should ensure that the ball is sanitized during time-outs and between quarters.
 - Sanitizer should be provided by the host team at the table.
 - Cloth face coverings are permissible for players.

Cleaning and Sanitization

- Athletic Period
 - Considerations should be given to sanitize equipment, i.e., practice dummies, cones, Gun, & particularly basketballs, between drills, group work, and after the period.

- Practice
 - Considerations should be given to sanitize equipment, i.e., practice dummies, cones, Gun, & particularly basketballs, between drills, group work, and after the practice.
- Games
 - Game Day Preparation:
 - Sanitize equipment{ball(as recommended by the ball manufacturer),chairs, scorer's table} before the game.
 - Consideration given for designated basketballs for each team for warm-up.
 - Sanitize game ball in between games.
 - **Sanitize locker rooms after halftime and/or games for both home and opponents. Considerations should be made to utilize larger spaces at halftime such as classrooms or hallways to maximize social distancing.**
 - Sideline:
 - Athletes may be assigned seats in order to facilitate the ease of sanitization.
 - Athletes may need to stand in order to adhere to social distancing guidelines.

***NFHS BB Considerations – Updates Coming**

In support of the guidance to opening up high school athletics the NFHS basketball rules committee will be creating considerations for state associations to consider whether any possible rules could be altered for the 2020-21 basketball season. The considerations will be posted at a later time.

SPORT-SPECIFIC CONSIDERATIONS

(Added 11-17-2020)

SOCCER

Mask Wearing/Face Covering Protocols

- Athletic Period/Practice: Students will wear face covering that completely covers nose and mouth, when not actively exercising. Students are not required to wear a face covering when actively exercising, but will be encouraged to do so if it's possible.
- Games: Teams, participants, officials, student groups, spectators, audiences, fans, media, staff, contractors, & volunteers are required to wear face coverings as described in Executive Order GA-29.
 - In Game: Players should be allowed to wear face coverings during competition if they choose to do so as long as they don't compromise the safety of any and all participants.
 - On Sideline: Face Coverings will be in up position fully covering nose and mouth by all athletes, sideline personnel, and coaches.
 - Press box: Face coverings will be worn by all at all times, excluding the announcer when actively speaking.

Social Distancing

- Athletic Period/Practices/Game:
 - Locker room: Due to high participation of sport, lockers will be staggered when assigned and also staggered entry & exits will be used to best mitigate unnecessary exposure to student athletes before and after school, before and after the athletic period, before and after practices, before and after games. Time in the locker room will be limited, emphasizing getting in and out.
 - Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
 - Team Boxes can extend from the 40-yd line to the 20-yard line with a depth necessary for the entire team to socially distance from one another by 6-feet. Utilize extra benches or individual seats to accommodate players on the sideline.
 - Player equipment should be spaced accordingly to prevent close contact.
 - Game Ball Holders - Socially distanced by 6-feet.
 - No touch rule – players should refrain from high fives and other non-sport related physical contact with teammates, opposing players, coaches, officials, and fans.
 - Try and limit the number of non-essential personnel who are on the field level throughout practices and contests.
 - Pregame Conference
 - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - Move the location of the pregame conference to the center of the field. All individuals maintain a social distance of 6 feet.
 - Suspend handshakes prior to and following the pregame conference.
 - Pre Match Ceremony - Suspend the pregame “world cup” introduction line and send players to their field positions with bench personnel lined up on the touch line (3-6 feet apart) for introductions.

- Substitution Procedures - Maintain social distancing of 6-feet between the substitute, officials, and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- Locker Room: Teams will consider space needed to social distance pre-game, during halftime, and post game.
- Halftime: Teams will stagger and coordinate their exit to the locker room and entry back to field.
- Pressbox
 - Maximum capacities will be followed and social distancing will be applied to all working in the press box.
 - Limit to essential personnel which includes home team scorer and timer with a recommended distance of 6-feet between individuals.
 - Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- End of game sportsmanship: Both teams will move to the numbers socially distancing and clap their hands in the air as an acknowledgement of sportsmanship towards each other. Exiting off the field will be staggered and coordinated to the locker room and bus.
- The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.

Cleaning and Sanitization

- Equipment: All soccer balls will be grouped by team level: junior varsity & varsity. They will be sanitized at the end of each practice or game.
- Locker rooms:
 - Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas.
 - Players should not share any equipment with others. Players should only use equipment that was assigned to them.
- Games:
 - Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
 - Game Day Preparation: Balls will be cleaned and sanitized at halftime.
 - Sideline Water: Campus athletic training staff will provide water in disposable cups to athletes or will sanitize water bottles between each use. Athletes are not allowed to handle water bottles on their own.
 - Host sites should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
 - Visiting team/group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting equipment once it is unloaded.

Tournament Guidelines and Restrictions

- Maximum of 4 teams per site at any one time.
- If two teams are playing, then the other on-site teams must wait until the team before them completely leaves the field and sideline area **AND** the area has been cleaned.
- Previous game must be completed and the two teams playing in the game must have left the facility before the next two teams can come in and begin their warm-up on opposite sides/ends of the field.
- Host school must:
 - Communicate CFISD/UIIL protocols to participating teams in advance of the tournament.
 - Create a warm-up plan where no two teams are in the same warm-up area at the same time.
 - Create a plan to clean and disinfect the sideline areas between each game.
 - Create a plan for a deep clean and disinfecting at the end of each day to prepare for the next day.